

### SHRI RAM CHANDRA MISSION®





| Contents                                    |    |
|---|----|
| Master's news                               | 1  |
| Latin American Seminar in India             | 2  |
| To preserve the history of our Mission      | 3  |
| The global youth network                    | 5  |
| Activities in the Latin<br>American Centers |    |
| Brazil                                      | 6  |
| Chile                                       | 8  |
| Colombia                                    | 8  |
| Jamaica                                     | 10 |
| Martinique                                  | 11 |
| Venezuela                                   | 12 |
| Calendar of events                          | 14 |

### Master's news

Dear sisters and brothers:
I have been a participant in GST
meetings at the Manapakkam ashram
for the past two days. I had the blessed
opportunity to meet our Revered
Master at Gayathri this (Saturday)
evening (photo attached). Aside from
a low energy level, he has completely
recovered. He is bright eyed and
overly affectionate, while at the same
time fully engaged in conversations.
He plans to give the satsangh at the
ashram tomorrow (Sunday) morning.
Your brother.

Bill Waycott

### **Audio Book of Reality of Dawn**

Source: Sahaj Sandesh No: 2012.38 • Saturday, 13 October 2012

It is our great privilege to announce the launch of Audio-Book of "Reality at Dawn" (by Babuji Maharaj) in various languages, during Diwali time (November, 2012). With the changing times, the need for such Audio Books has become more relevant. Travel and wait time can now be productively used by Abhyasis to listen to the messages of the Masters being read out to them, in a language of their choice. It is our sincere request that all abhyasis benefit from these special Audio MP3 editions of "Reality at Dawn".

Most affectionately, Kamlesh

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### **Latin American** Seminar in India in February 2013

Approximately 100 abhyasis from Latin America and the Caribbean are programmed to participate in the Latin American Seminar in India in February, 2013. This gathering is to take place in the Babuji Memorial Ashram in Manapakkam, Chenai, the Headquarters of the Mission in India.

# Caribbean trip to India

By Marie Brouard

cross the Caribbean Islands, abhyasis are expressing with love and Aenthusiasm their eagerness to meet Master in February.

In Jamaica three abhyasis have expressed their desire to travel to India in February 2013. In Guadeloupe, five abhyasis, have confirmed their trips to India in February. Haiti has three abhyasis who have expressed the desire to make the trip in February even though their personal financial situation will be the deciding factor.

In Martinique twenty-four abhyasis have already confirmed their trip to India in February 2013. For this occasion the five preceptors have committed themselves to be available and give additional sittings (some on Saturdays). This will help those abhyasis traveling to India to receive at least 2 sittings per week and be well prepared to meet Master.

Martinique abhyasis have formed a solid group that works in harmony with hearts full of love. They support one another to prepare their trip to meet Master. They have already bought their airline tickets and are working on the visa formalities. Their love for Master ties them together; they prepare and live the experience together. They are enthusiastic and live the experience as if they were already in India. What an experience!"

# Preparing our luggage and heart!

By Rafael Illanes - Chile

historical moment is coming very soon for Chilean **A**abhyasis. Slowly but surely the Mission has grown in the country. And, there is no doubt, that what is coming is a real milestone that unveils a process of maturity. For first time a big group from Chile will visit Master in February. Until now, there are sixteen persons that have confirmed their attendance to the seminar. We trust that this number will grow.

For this reason a considerable number of abhyasis gathered on 18th of November in the house of a sister. It is a wonderful place, a land located two hours from the south of Santiago in a place called Requegua.

During the gathering, in which families of other brothers and sisters participated, we went into details about this trip. But most of all we reflected about the importance of this seminar.

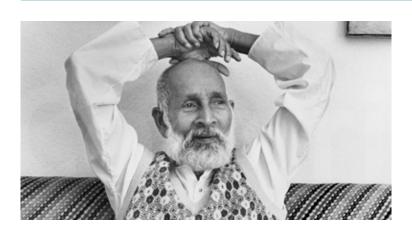
We trust and we have a tremendous faith that the Mission will keep growing. At the beginning of this year we had a big number of attendees to the internatio-

nal seminar, organized at Picarquín, also very close to Santiago. At that time we had the presence of brothers and sisters from Argentina, Peru, Brazil, Uruguay, Colombia and United States. It was really amazing! The number of participants surpassed our expectations. And with the same enthusiasm we agreed to organize this trip in which many people from Latin-America will participate.

With this spirit in our heart, things are going on in a path of love and enthusiasm. This is how we feel and what we expressed in our last meeting. There are new faces, more participation and integration between brothers and sisters from the different regions of the country. Therefore we have good news to deliver for our Master. But this doesn't stop us. This is an inner work and a group work that should not be neglected.

Hurray for the hearts! The enthusiasm is higher as time passes by! And certainly we want to live and share this with all the abhyasis of the world. Faith and hope to continue the journey in this wonderful natural path."

### To preserve the history of our Mission



To preserve the history of our Mission, the Archives Team at WHQ, Manapakkam Ashram is collecting and preserving various Mission artifacts which have historic significance. If you happen to have any such items (e.g. photos, audio, video in any format and medium, old books, magazines or any artifacts that were used by any of the Masters) please kindly consider contributing them to the archives so that they can be preserved for posterity. The Archives team can be contacted at <a href="whq.archives@srcm.org.">whq.archives@srcm.org.</a>

### LAYA AVASTHA IN BRAHM

( Sri Ram Chandra ji, - President )

The goal of human life, at its lowest, is liberation and this is thought to be all and enough. But happier man is he who steps further in the realm of God. In my opinion liberation is a very narrow view of the Reality, because we have to travel on and on to reach the ultimate Destination of man. When the charm of liberation is there we forget the next and real step and that is a common error in human beings. It is also the fault of the Master if he does not encourage his disciples to go at the highest which we call Laya-Avastha or the absorbtion in Brahm. At every stage the Master should encourage his disciples not allowing them to stay before this Laya-Avastha in Brahm commences. The difficulty may arise with the Master himself even, when he is of the highest calibre in cases who do not totally adhered to the Divine Principle There and there may be the worshippers of God with all his paraphernalia but you can not call them the real worshippers. The real worshipers are those who worship one and one alone. They should throw their responsibility totally on God not even peeping towards any other side. When you are attached to one, He will be responsible for your work, and when you are attached to so many, they feel the responsibility but will make you the sharer of what they have and in that case every thing becomes unreal reality. Real purity can dominate only when you are attached to the Real Being. It is the duty of all the preceptors of the Mission to link every body with the purity of the highest nature.

(6)

When a man gets into the Central Region and crosses the seven rings of Splendour, he enters into the stateless state and goes further on. Then the Divine wisdom dawns on him, Afterwards comes the Divine Knowledge and then the Vision of the Absolute. May God bestow this condition on all our Abhyasis. But the thing does not end here, because the turn of Laya-Avastha comes now. What I have written here is now the work of God and not of the Preceptor, but still he is of great help. Although it is the end of all our activities still there is some thing there when we are in the infinity. I have written in "The Efficacy of Raj Yoga in the Light of Sahaj Marg" the word "Swimming". When the Laya-Avastha in Brahm commences there is a very fast rotation below the navel and there, control is needed and it is the work of the Master who may do it by any means. Then the same rotary movement travels above and reaches at stages in the occipital bone. Now the process is complete but, some-times, a little force in the brain continues, which diminishes gradually. This is the condition hardly bestowed upon human beings but to him alone who is dead to world and solely alive to God alone, in other words one who becomes "living dead". The Devas we worship have not even got the air of the highest. They have got the limited view of the Reality wanting absolutely in freedom.

No amount of Bhakti or Tapas can bring such a result, There is only one remedy that we should attach ourselves to such a Master who has got this stateless state, divorcing every other worship except that of God Absolute in right form.



# The Global Youth Network



The primary goal of this initiative is to create a ■ worldwide connection and community for the youth of Sahaj Marg. The Internet became the natural starting point due to its increasing pervasiveness, especially among young people. It allows us to travel across the world without leaving our homes! This idea was accepted quickly and spread through almost all continents. Due to overwhelming participation, Webinars were introduced as a tool where abhyasis could connect and participate in a cyber gathering.

The agendas are aimed at creating fun, instructive content and a means to promote the connection with the Inner Master. The talks given by both young and guest speakers struck at the heart of all participants. The network that is being created allows for promotion of international Sahaj Marg initiatives and a means to quickly mobilize large number of volunteers for projects.

#### **Criteria**

the young abhyasi is typically either single or recently married. Many are studying or starting their careers. Life is very dynamic and busy, surrounded by a world of sensations, temptations and ambition; a period perhaps when the practice is most crucial, yet ironically is sometimes the most neglected.

### **Participation**

The first youth webinar took place on June 29th. Br. Bill Waycott encouraged the youth to get involved in the Mission and Br. Santosh Khanjee emphasized importance of discipline in the practice. It was a maiden voyage for the Webinar platform, with the organization team learning many ways to improve to ensure a great experience for participants. Beloved Master's presence could be felt in the hearts of all present.

On August 25th a group from dozens of countries gathered again online. Participation had increased. There were registrations from California to Australia, passing by Latin America, Europe, the Middle East and India. The webinar began with a brief introduction to the youth network, conducted by Br. Andre Barreto (Brazil). Next, Sr. Simone Skovsang (Denmark) talked about a youth seminar that took place in Vrads Sande ashram last January. That gathering was an opportunity for about 15 young abhyasis from Denmark to get to know each other and plan for activities and projects. Inspiring and beautiful presentations created an atmosphere of love transcending borders of space and time.

To register for news and invitations for this initiative please sign up at : <a href="https://docs.google.com/spreadsheet/">https://docs.google.com/spreadsheet/</a> <u>viewform?formkey=dE8wRmdCR2txVkNlcXAtTmNCX</u>

### **Activities in the centers of Latin America**

### **Brazil**

# **Sahaj Marg National Seminar**



Date: November 1st through 4th, 2012

Venue: Pousada Maristela, Tremembé, São Paulo, Brazil

'Transmission - the Vitality of Life' was the seminar's theme, which had the intense participation of forty-three abhyasis present at the event.

Three daily satsanghs, combined with periods of si-

lence devoted to introspection, as well as all the material for reflection from Master's talks we read after satsanghs and the DVDs played after dinner, enabled us to dive deeply within ourselves.

For the abhyasis preparing to participate in the Latin-American Seminar in Chennai, India, in February 2013, this gathering was an intensive preparatory program for a great event at Master's feet.

# **Training Workshop**Facilitators workshop: how to keep a diary

Brazil - São Paulo - SP

On October 6th, 2012, from 1:30 p.m. to 5:30 p.m., the 'Facilitator Workshop: How to Keep a Diary', was held at the São Paulo Mission's headquarters.

The objective of this workshop was to train us on how to conduct these activities, according to Master's guidelines. The topic concerned the abhyasi's diary as a tool to improve spiritual development.

The facilitators were Rogério Santos and his wife Kirstin, from the USA, who spent a weekend with us. They brought us two charming gifts: a box of sweets made by

Kirstin from her mother's recipe and the special DVD, "Whispers from the Brighter World".

The eighteen abhyasis benefited immensely from the teachings generously shared by this lovely couple who came to Sao Paulo offering us not only the privilege to spend time in their company but also to learn from their experience.

The event finished with satsangh, followed by dinner to celebrate the occasion.

São Paulo Centre Team

#### **Activities in the centers of Latin America**

### **Brazil**

# An opportunity to meet abhyasis from other centers

By Luiza Cardieri - São Paulo - Brazil

While travelling through Europe we had an opportunity to participate in satsanghs in Paris.

While in Paris, brother Kamlesh suggested that the number of satsanghs could be increased in order to better use the room available. So, by the end of the October 14th satsangh, the suggestion was put into practice. From then on, satsanghs took place on a daily basis, in alternate schedules, thus meeting the abhyasis needs. On Sundays, at 7:30 and 14:30. Besides, abhyasis could schedule sittings at the very same place, during the whole week. Readings of news releases and projection of a movie with the Master, having subtitles in French, occur at the end of every satsangh.

After the projection, the participants can enjoy a breakfast. Such moments were very special for us since we were able to meet several brothers and sisters. The breakfast was free, funded by voluntary contributions.

Generally, at 10:00 another study session, a preceptors meeting or some other activity takes place.

On Wednesday, we were tenderly invited by Iwona, a preceptor that lives in St. Germain, in Laye, outskirts of Paris,



for a satsangh at her home. There were 15 abhyasis there. After the satsangh and a reading of "Whispers", we kept on talking about Sahaj Marg, while enjoying tea and cake.

Our brothers and sisters were very friendly during all the moments that we have spent together, thus making it a wonderful experience.

In Madrid, on Sunday, we participated in a satsangh at Maria Eugenia's home; she's the only preceptor in the whole city."

# **2012 Confraternization Party**

By José Luis - São Paulo - Brazil

The year of 2012 was blessed by our Beloved Master, and as a sign of gratitude for all his teachings, such as practicing love, faith, brotherhood, among other jewels of spirituality, we organized a confraternization party in Sao Paulo. On Sunday morning, December 9th, we had satsangh at the usual time, 7:30 a.m., followed by the reading of an excerpt from the book "Heart of the Lion", which touched on the subject of love. In the evening, we gathered in Jacques and Lydia's apartment to share a meal prepared by us. At 6 p.m., another satsangh was conducted in the presence of eighteen abhyasis, followed by the reading of the chapter on Faith from Babuji's "Reality at Dawn". After that, together with family and friends, we celebrated one more year of a great opportunity to grow spiritually, in a cheerful and fraternal atmosphere."



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### **Activities in the centers of Latin America**

### Chile

# "It is not only how it is presented to us, but how we live it"

By Pía Karina Isabel Manríquez Ganzúr - Chile

Is difficult to express in some lines what "The Mission" is, because if we stop for a moment, in these two simple words, we find an immense transcendence. But in this opportunity (knowing that there are many more opportunities!) I will make a pause in what it means to live the Sahaj Marg way. "It could be assumed that this is a contemplative and silent way to developthe inner being; and from a romantic point of view a delicate way in life... Perhaps is a

posture that contributes to our growth in humanity, isn't it?; Sahaj Marg is there, in every gesture, in every thought, every decision I make, what I am in each daily event of life, in how I want to expand light to others, in how I visualize the path, and the tools that I will choose to pass through it, because The Mision is not only what others tell us what it is, but It is the choice that I make to live it, after all Sahaj Marg is not just "there", it is inside of me."

### **Colombia**

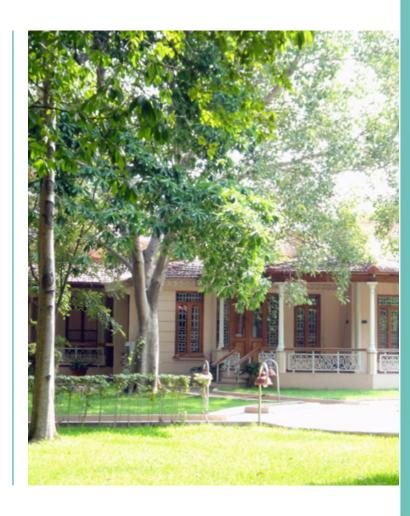
# The joy of being in the Ashram

By Cristina Lenis, Cali, Colombia

This past October, I had the good fortune to travel for a second time to Chennai, with my friend and spiritual sister from Cali, Colombia and to stay for two weeks in the ashram doing our practice and nourishing ourselves physically, emotionally and spiritually in this center of light and love which is the Babuji Memorial Ashram in Manapakkam. We were happy to be in the Divine presence of the Master several times and to be in satsangh... to listen to his messages and reinforce also the spiritual practice through the three satsanghs of the day; to give and receive sittings, to listen to the experiences of other preceptors and abhyasis of different centers of the world...And to receive much spiritual support from brother Kamlesh Patel, who will be Master's successor.

Babuji Memorial Ashram, made me think of the Brighter World of which Babuji Maharaj talks about in his messages of "Whispers from The Brighter World". Now, the challenge is that through the true and continuous effort in our practice we can allow all that the Master gives us, to develop to the fullest and longing to reach the goal.

One special anecdote that I want to share: After being four days in the ashram, I was feeling somewhat sick and hot; physically I was feeling weak; but most of



### **Activities in the centers of Latin America**



all I was very sad because I had not been able to see Master even from afar. Since Master had been sick for some time and he was still recovering, some people told us that it would not be easy to see him. That morning during satsangh at 9:00 a.m., in the silence of my heart I asked Master to allow me to see him that same day and thought of Babuji, asking for his help. When we finished the meditation, I went to the house where Master was staying, at the back of the ashram and outside the house there were many persons and families waiting to enter and see him. With confidence I went with my Colombian sister and asked those who were at the door that we wanted to see Master even it is for few minutes, that we were coming from afar. Immediately they made a call inside and they let us in. I felt a great joy, but maybe it happens to everyone; when you are in front of Master you don't know what to say. That's hat's what happened to me and it only came to me to say, after the initial introduction, that we had left our gifts in the dormitory because we were not sure that we could come in and see him. At that moment, I felt that I should have not told this, as it was silly, but Master, very kindly mentioned that the Colombian coffee is the best in the world and we concluded happily that we would meet again to give him the coffee. In these small actions Master shows us his compassion and love; knowing what is it that we need. From that day my physical and spiritual condition changed, I received a small and at the same time big proof that what we long for in our hearts, if it is beneficial, our Divine Master grants it to us.

Lastly, if I could sum up in one phrase the message of Master in these times, I would say that it is of importance, or rather, urgency of not wasting the time and not to lose even one minute in doing our practice and take charge of our spiritual development, having the faith in the system which offers it--Sahaj Marg, the teachings that support it and the Master.

Practice, practice and practice! Br. Kamlesh told me in a conversation about Sahaj Marg in Colombia.

Now, having returned home and resuming my life, I am left with memories, nostalgic feelings, anecdotes, some beautiful and others difficult associated with the cleaning..., but in particular, profound GRATITUDE for what I experienced, for what I received, although I may not be totally aware of all that He gave us. Finally, although I know that Master is in the hearts of everyone; whether we are in the ashram or not, and that he works with everyone; to the extent that we allow him, I hope that this reflection which I have shared inspires others to go and visit him in Manapakkam, hopefully next February for the Latin American Seminar and feel the delight, the energy and the joy of staying for some time, in my personal experience, very close to the "Brighter World"."

### **Activities in the centers of Latin America**

### **Jamaica**

# Jamaica training seminar

"Grounding in the Practice" - September 14 – 16, 2012

By Catherine Johnson, Jamaica



Friday, September 14 marked the beginning of another Master-filled weekend in Jamaica. Sisters Marie Brouard, Yolaine Rameau and Claudia Russell landed on the soil of Jamaica to assist their sisters and brothers in becoming grounded in the Practice.

Sister Marie, the second to have arrived, delved immediately into giving sittings. A couple hours later, Sister Yolaine joined us just in time for the journey out of town for the continuation of Master's work and to join our Sister Claudia who was already at the venue from the night of the 14th.

We boarded the two 15 seats vehicles which were to transport us to the Hunny Bay Resort, the venue of the seminar. The night descended upon us in transit so our visiting sisters did not get a chance to see the beauty of the countryside. Nonetheless, it was a trip which was pulsed with laughter, love, silence and brotherhood.

We reached our destination after 9:00 p.m. only to par-

take of the sumptuous supper which awaited us then retired to bed in preparation for the long day that was ahead. Saturday, September 15 was the first of the two day intensive training on Cleaning and Meditation.

Master's presence pervaded the entire seminar. The modules were smoothly and harmoniously facilitated by Sister Marie Brouard. Nature manifested abundance in a variety of forms not to mention the breathtaking presence of the sea which created a natural backdrop to the venue.

What was encouraging and reinforcing was the opportunity to practise together, express our understanding of the Practice and to get the necessary clarifications wherever they were needed. The three satsanghs brought balance to the weekend and union with Him.

By Master's grace, we hope that we will all be grounded in the method knowing that if we practice as prescribed the Ultimate will certainly be realized. May we all grow in love, faith and devotion!"

### **Activities in the centers of Latin America**

# **Martinique**

# My visit to Master

Fabrice Montlouis-Félicité, Martinique

Dear friend,

Manapakkam Ashram which is located in the suburb of Chennai (Madras) in the state of Tamil Nadu, India. I spent unforgettable moments there that cannot be described by words. Just to let you know that I went there to meet Master (Chariji) with my heart, and all my energy was focused on one objective: to be transformed, to become like Him, and to be one with Him. I had only that goal, the goal of the true sadhana, the burning desire of the heart, to go back to the original home. I experienced intense moments of deep cleaning and inner change similar to an ore being heated at a very high temperature and melted in order to be purified and to reveal only a pure and shinning precious metal.

I met and shared my feelings and experiences with other brothers and sisters. But the most important ones were those moments spent with the Master in his cottage exchanging just a glance with him where everything was contained and expressed without a need to speak. I was blessed to meditate near Master and be carried away, out of this world.

Master is willing to give all that he is and has as long as we are aspiring to receive it with a longing and open heart while doing our practice with faith and perseverance. In fact, he wants only to give himself ... but do we really want it? Are we ready to be transformed? Are we ready to do our divine part? To open our hearts to that Love? Otherwise, he waits patiently until we are ready for the miracle to occur. This is the hallmark of a spiritual Master. He lives to serve, to give unconditionally and respecting our capacity to receive and our free will. This is the ideal teacher: He matches our pace. When we run, elated and driven by enthusiasm, He runs with us. If we are too tired to move, He carries us.

We are the ones who make the mistake of believing that spiritual transformation is difficult, it takes many lives of hard work, that it is for a selected number of people such as the sages of the Himalayas, etc... . What a mistake! All that is needed is a Master of a high caliber who can OFFER us a method or a way. The unyielding willingness to reach the goal will do the rest. That's it!.

I felt lucky and blessed throughout my stay even during



difficult times that I experienced there, where all seemed lost, and when I felt bad, weak and insignificant as if I had not done anything so far in my sadhana, as if I had just arrived in Sahaj Marg.

Nevertheless, knowing that all this was our Beloved Master's work, I persisted with gratitude not with a painful and anxious longing like a call for help until all this matured during the first ten days. This distress which occupied the field of my consciousness descended gradually into the deeper layers of my consciousness releasing a burden that would sink at the subconscious level. There was certain bliss to experience this state of no rest. It became my center of gravity for ten days praying and waiting for my Master to come and close this episode he had himself opened and that was standing between Him and my soul. There the doors of my inner cottage were opened and I started on the last five days at His feet as five days in paradise.

So an abhyasi's life is to be blessed by the intimate presence of the Master. What better can happen to a human being than being under the gaze of a spiritual Master whose sole concern is to help his child advance at all costs on his divine destiny and open for him the doors of the original home?

This is a wonderful and exciting adventure that takes place in a place equally confusing and surprising where space can be as large as infinity and which is called the Heart.

There is so much to receive, to give and become in this short span of time called human life, a time that passes as quickly as the slipping of sand through your fingers. It is this urgency which the men of today do not understand and which brought a great sage of the past to say:

"Oh man awake from the sleeping ignorance and realize your Divine destiny!"

### **Activities in the centers of Latin America**

### Venezuela

# **Master's 86th anniversary Venezuelan Celebrations**

La Guaira



For the 86th anniversary celebration of our beloved Master Chariji, we gathered in the house of our sister Teresita, in La Guaira. We had abhyasis from centers such as Los Teques, Valencia and Caracas, total of thirty-two abhyasis. We arrived very early and each brother and sister brought different types of food to share in the breakfast and at lunch. The first satsangh was at 7:30 a.m., then sister Teresita read an email explaining the delicate state of health of our beloved Master in these days. For that reason he couln't be present at the Tirupur celebrations, this news made us sad.

Sister Daymara read a Whispers message from Mas-

ter Babuji, of the 17th of July, 2011. After breakfast sister Teresita suggested to make a 15 minutes prayer for the health of our Master Chariji, the next was to continue with the topic chosen by sister Teresita to celebrate this important day, "El en mi vida" Next, we had the experiences that some abhyasis shared in relationship to the topic.

The next activity was to read an activity that Master gave to scholars who went to the STP in 2012, and then we saw a cd of the Hubble Bubble series.

We had another satsangh, then dinner, and we finished our activities singing happy birthday to our beloved Chariji."

### **Activities in the centers of Latin America**

### Venezuela

### **Maracaibo**

In Maracaibo center the abhyasis had a satsangh at 9 a.m. and after some minutes of silence they read a Whisper from the Brighter World. The abhyasis shared some experiences with the practice and the Master. After this, they saw some videos and the celebrations ended with a meal.

### **Caracas**

A group of abhyasis from Caracas that weren't able to attend the celebrations in la Guaira gathered at an abhyasi's home. The satsangh was held at 9 a.m. Then a Whisper from the Brighter World was read. The abhyasis shared the importance of developing the relationship with the inner Master. A video of Maracaibo's seminar was seen to encourage the abhyasis to participate in these events. Good news from France arrived via skype that Master's health was better and it was shared with other abhyasis too. The gathering ended with a meal.

# Sahaj Marg Seminar - Venezuela

By Mireya Hernández





In the auspicious annual celebration of our seminar Sahaj Marg en Venezuela, we followed a recommendation and visited a retreat center located outside our capital city, Caracas. This is a mountain zone were silence and calm prevail in hand with beauty of nature. We reserved the place for the weekend of the 2nd, 3rd and 4th of November of 2012. All the preparatives were done and thirty abhyasis from all Venezuela attended the seminar at the Moga's nuns house. The house was in a good state and it was strange for them that we asked vegetarian food, so we had to give them some suggestions for the food.

The theme of the seminar was "Discipline with Love", we had didactic material and we had discussions in groups of five people, then we all gathered and expressed each group's conclusions. I would like to share a

very important point where Master expresses that "discipline is a style of life, it should be a fact that governs 24 hours a day of our daily existence, what it really means is regulation".

The program started at 4 a.m. with morning meditation, sitting, satsangh, meals, videos of Master and Sahaj Marg literature sales. In the afternoon we had workshop, individual cleaning, Universal Prayer and Friday's sitting with Master. When the activities are nice time passes too fast! We were very happy and satisfied and so were the nuns! They expressed that we were a discreet group, and with much satisfaction they already reserved our next batch for 2013.

We arrived in a way, and lets say, we said goodbye with more brotherhood."



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### Calendar of events 2012 / 2013

| Decem | ber / 2012 |                  |                          |
|-------|------------|------------------|--------------------------|
| 07    | Jamaica    | National Seminar | catsjoh@yahoo.com        |
| 10    | Martinique | Extended Day     | Martine-calka@wanadoo.fr |

| Februa | ry / 2013                   |  |                              |
|--------|-----------------------------|--|------------------------------|
| 02     | Brazil                      | Basant – birthday celebration Lalaji – all centres | srcm@gmail.com               |
| 8 a 17 | Latin America and Caribbean | Latin American Seminar - Índia                     | contact regional coordinator |

| April / | April / 2013 |   |                |
|---------|--------------|---|----------------|
| 13 e 14 | Brazil       | Meeting of prefects                       | srcm@gmail.com |
| 30      | Brazil       | Birthday celebration Babuji – all centres | srcm@gmail.com |

| May / 2013 |        |                  |                |
|------------|--------|------------------|----------------|
| 3 a 5      | Brazil | National Seminar | srcm@gmail.com |

| July / 2013 |        |   |                |
|-------------|--------|---|----------------|
| 19 a 24     | Brazil | National Seminar – Birthday celebration Chariji | srcm@gmail.com |

| September / 2013 |         |        |                     |                |
|------------------|---------|--------|---------------------|----------------|
|                  | 24 e 25 | Brazil | Meeting of prefects | srcm@gmail.com |

| Octobe  | · / 2013 |                  |                |
|---------|----------|------------------|----------------|
| 19 e 20 | Brazil   | National Seminar | srcm@gmail.com |

We request all the abhyasis who have any article regarding their experience about spiritual journey through the Sahaj Marg to send them to us to the following e-mail: leatorres@casadalea.com.br. Frequently, our shared experience comes as an act of love and can be of help to other sisters and brothers.

We wish to clarify that our Latin America Echoes is a quarterly newsletter issued in the months of March, June, September and December, reaching abhyasis all over the world. It is published in four languages (Spanish, French, English and Portuguese), and distributed to all the abhyasis in Latin America and the Caribbean. It can also be accessed in the four languages through the Mission's site: www.sahajmarg.org.

> Thanks you, with love, Latin America Echoes team

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